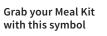


# Easy Plant-Based Mince Loaded Fries with Coconut Yoghurt, Caramelised Onion & Jalapeño Salsa

ALTERNATIVE PROTEIN

**CLIMATE SUPERSTAR** 













Tomato

Carrot





**Baby Spinach** 

Pickled Jalapeños (Optional)







Sweetcorn







All-American Spice Blend

Coconut Yoghurt



Plant-Based Smokey Aioli

**Pantry items** 





Prep in: 15-25 mins Ready in: 30-40 mins

Plant-Based\*

\*Custom Recipe is not Plant Based



Turn oven fries into a meal by loading them up with plant-based mince that's been busy cooking with carrot and our All-American spice blend for a sweet and smoky depth of flavour. Add the finishing touches with a spoonful of a Calorie Smart quick caramelised onion and a juicy, colourful salsa which you can make as mild or as spicy as you'd like.



Olive Oil, Balsamic Vinegar, Brown Sugar

# Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

### You will need

Oven tray lined with baking paper · Large frying pan

## Ingredients

ingredients				
	2 People	4 People		
olive oil*	refer to method	refer to method		
potato	2	4		
red onion	1	2		
balsamic vinegar*	1 tbs	2 tbs		
brown sugar*	1 tsp	2 tsp		
carrot	1	2		
tomato	1	2		
pickled jalapeños ∮ (optional)	1 medium packet	1 large packet		
baby spinach leaves	1 small bag	1 medium bag		
sweetcorn	1 tin (125g)	1 tin (300g)		
plant-based mince	1 packet	2 packets		
All-American spice blend	1 medium sachet	1 large sachet		
plant-based coconut yoghurt	1 medium packet	1 large packet		
plant-based smokey aioli	1 packet (50g)	2 packets (100g)		
beef mince**	1 small packet	2 small packets OR 1 large packet		

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2602kJ (622Cal)	393kJ (94Cal)
Protein (g)	25.5g	3.9g
Fat, total (g)	32.5g	4.9g
- saturated (g)	7.4g	1.1g
Carbohydrate (g)	51.5g	7.8g
- sugars (g)	22.9g	3.5g
Sodium (mg)	1512mg	228mg

#### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2695kJ (644Cal)	<b>392kJ</b> (94Cal)
Protein (g)	37.2g	5.4g
Fat, total (g)	33.1g	4.8g
- saturated (g)	10.2g	1.5g
Carbohydrate (g)	46.1g	6.7g
- sugars (g)	21.8g	3.2g
Sodium (mg)	988mg	144mg

The quantities provided above are averages only.

# **Allergens**

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



#### Bake the fries

- Preheat oven to 240°C/220°C fan-forced.
- Cut **potato** into fries.
- Place fries on a lined oven tray. Drizzle with olive oil, season with salt and toss to coat.
- Bake until tender, 20-25 minutes.

TIP: If your oven tray is crowded, divide the fries between two trays.



# Cook the plant-based mince

- When the fries have 10 minutes remaining, return frying pan to medium-high heat with a drizzle of olive oil. Cook plant-based mince and carrot, breaking up mince with a spoon, until just browned, 4-5 minutes.
- Add **All-American spice blend** and cook, stirring, until fragrant, **1 minute**.
- Add the water and cook until slightly thickened, 2-3 minutes.
- Meanwhile, combine tomato, jalapeños, baby spinach leaves, corn and a drizzle of olive oil in a medium bowl. Toss to coat. Season to taste.

TIP: Some like it hot, but if you don't, hold back on the jalapeños!

**Custom Recipe:** If you've swapped to beef mince, cook beef mince, as above with the carrot.



## Caramelise the onion

- Meanwhile, thinly slice red onion.
- In a large frying pan, heat a drizzle of olive oil over medium heat. Cook onion, stirring regularly, until softened, 5-6 minutes.
- Reduce heat to low. Add the balsamic vinegar, brown sugar and a splash of water. Mix well. Cook until dark and sticky, 3-5 minutes. Transfer to a small bowl.
- While the onion is cooking, grate carrot. Finely chop tomato. Roughly chop pickled jalapeños (if using) and baby spinach leaves. Drain sweetcorn.



## Serve up

- · Divide fries between plates.
- Load the fries up with plant-based beef, caramelised onion and jalapeño salsa.
- Top with plant-based coconut yoghurt and drizzle with plant-based smokey aioli to serve. Enjoy!

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